

Self-Harm Communication Campaign: Suggested Tweets

1. #Self Harm Awareness. If you are young person who is self-harming, it is important to speak to somebody you can trust to help break the cycle and find other ways to cope with difficult emotions. Find help at <https://bit.ly/2yipu6P>
2. #Self Harm Awareness. Self harm is not about "attention seeking" it may be an expression of emotions that cannot be verbalised. Learn more @ <https://bit.ly/2yipu6P>
3. #Self Harm Awareness. Are a parent or carer worried about your child's emotional/mental health during coronavirus or isolation. Click here to find information and support <https://bit.ly/3eo1HTo>
4. #Self Harm Awareness. Do you or does anybody you know need support to develop coping strategies to break the cycle of self-harm. Learn more @ <https://bit.ly/3d4QrcZ>
5. #Self Harm Awareness. Are you a professional in Lincolnshire who needs advice about how to support a young person who has disclosed self-harming behaviours? Get professional advice by calling Here for You on 01522 309120 or by visiting <https://bit.ly/2zLDmHb>
6. #Self Harm Awareness. Are concerned about a young person who is or may be self harming? Gain advice by calling Here for You on 01522 309120 or Learn more @ <https://bit.ly/2zLDmHb>
7. #Self Harm Awareness. Are you a young person who would like support via an online counselling service? Find out more by visiting <https://bit.ly/2yfD1f9>
8. #Self Harm Awareness. Self-harm can be a difficult cycle of behaviour to break. Learn how to be safe by visiting <https://bit.ly/2y64YGJ>
9. #Self Harm Awareness. Get practical advice and suggestions to help with improved emotional well-being at <https://bit.ly/3d4QrcZ>
10. # Self Harm Awareness. If you or somebody that you know self-harms it does not automatically mean that there is an underlying mental health condition. Learn more @ <https://bit.ly/3aSOjDP>
11. #Self Harm Awareness. Are you a parent/carer who is concerned about a young person who is or may be self harming? More information is available @ <https://bit.ly/3aSOjDP>
12. #Self Harm Awareness. Are you a professional concerned about a young person who is or may be self-harming. Gain advice by calling Here for You on 01522 309120 or by visiting <https://bit.ly/2zLDmHb>
13. #Self Harm Awareness. Do you work education and want practical information and guidance to support young people who self harm? Visit: <https://bit.ly/2VqopBC>
14. #Self Harm Awareness. Find out more about appropriate coping strategies by visiting <https://bit.ly/2y64YGJ>
15. #Self Harm Awareness. Young people should feel able to speak to somebody whom they can trust without fear of judgement or condemnation. Find out more @ <https://bit.ly/2ycFuad>



16. #Self Harm Awareness. Are you an education provider needing useful resources? Find out more @ <https://bit.ly/3bdjHOn>
17. #Self Harm Awareness. Further training for professionals can be completed via <https://bit.ly/2RCzM8A>
18. #Self Harm Awareness. Are you a parent who wants to gain practical techniques to talk to children and young people about self harm? This e:learning could help <https://bit.ly/3cpdkYb>
19. #Self Harm awareness. Support, information and guidance for young people, parents and professionals can be found @ <https://bit.ly/34OC08N>
20. #Self Harm Awareness. If you would like hints and tips to look after your emotional/mental health during Coronavirus or self-isolation follow this link <https://bit.ly/2xmY4MX>
21. #Self Harm Awareness. Do you want to know what suggestions other young people have made to help with looking after your emotional well-being? More information is available @ <https://bit.ly/3abYRO7>
22. #Self Harm Awareness. Did you know Young People and Parent/Carers in Lincolnshire can self-refer for Mental health support or advice Learn more @ <https://bit.ly/35mCKU2>